



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC



www.co.dodge.wi.gov

ADRC Recipe Box

Watermelon Strawberry Caprese Salad



Ingredients:

- ◆ 3 c. watermelon, cubed
- ◆ 2 c. strawberries, chopped
- ◆ 1/2 c. feta, crumbled
- ◆ 1/4 c. extra virgin olive oil
- ◆ Kosher salt to taste
- ◆ Freshly ground black pepper
- ◆ 1/4 c. fresh basil, torn

Serves 4

Directions:

1. In large bowl, combine watermelon, strawberries, feta, and olive oil.
2. Season with salt and pepper and toss to coat.
3. Garnish with basil and serve.

For more recipes like this, head to delish.com

Joke: What game do cows play
at parties?

Answer: Moo-sical Chairs



The most wasted of all days is
one without laughter.

e. e. cummings



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039



Connecting You with
Supports and Services



199 County Road DF - 3rd Floor • Juneau, Wisconsin 53039
920-386-3580 or 800-924-6407

Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

Greetings from the ADRC! This current poverty data came across our desks and we thought it was worth sharing. This is an excerpt from the US Institute for Research on Poverty. For the full report please use the attached link:

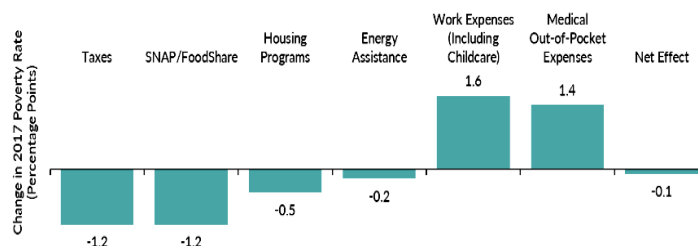
<https://www.irp.wisc.edu/resource/wisconsin-poverty-report-2017/>

The Wisconsin Poverty Measure was developed by researchers at the Institute for Research on Poverty at the University of Wisconsin–Madison to show whether families in the state have the necessary income to meet their basic needs. The report aims to inform policy with up-to-date and place-specific data that go beyond the official poverty statistics for Wisconsin.

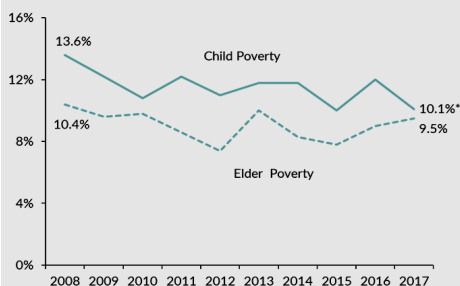
Tax credits and food assistance had a significant antipoverty impact in 2017. Each lowered the poverty rate by 1.2 percentage points.

Housing programs and energy assistance also had a protective effect and reduced the overall WPM poverty rate in the state by a total of 0.7 percentage points. Yet, the overall antipoverty impact of these programs was largely negated by work expenses (including childcare) and medical out-of-pocket expenses. In past years, particularly during the Great Recession, the safety net provided an important buffer against poverty, but its effects have shrunk over time as fewer people apply for and receive benefits. Benefit changes such as work requirements for single people in FoodShare have also reduced the number of people eligible to receive assistance.

The safety net helped, but was offset by work and healthcare expenses.



Poverty rates fell for children but rose for elders.



*The change from 2016 was statistically significant.

in 2017. This increase may in part be due to growing costs of living, including out-of-pocket medical expenses such as insurance premiums, co-payments for medical services, prescription and over-the-counter drugs, and uninsured medical expenses that present a significant challenge for low-income elderly.

Summer Issue 2019

INSIDE THIS ISSUE:

Staff Directory	
Meet the Staff	2
Call or Email Us!	
New Healthy MOM Class!	
Upcoming July, August, and September SPARK!	3
Summer Transition	
Medicare Surveyors - Be Alert	
Dementia Friendly Communities Picking Up Momentum	4
Senior Dining Menus for July, August, and September	5
Nutrition Fit Bits!	6
Calendar of ADRC Events	7
Disability Benefit Specialist News	8
40th Anniversary for Senior Dining Program Meal Site!	
Fight the Bite: Prevent Tick Bites	9
I'd Like to Receive the Newsletter at Home	
Your Benefit News - EBS	10
Welcome to Medicare Workshops/EBS Office Hours	
Caring for People Who Have Hurt Us	11
Note From the Caregiver Program Coordinator	
ADRC Recipe Box	12

The ADRC and
Aging
Programs in
Dodge
County
are just a
phone
call away!



920-386-3580
or
800-924-6407



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Diane Coulter, Pam Couperus, Heather Ehrich,
Morgan Leistikow, Lynn Lothen, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt &
Jeannette Moon
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Patricia Beske, Melva Brown-Dring,
Inez Feilbach, Judy Hedstrom,
Jane Hilgendorf, Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn
 Elder Benefit Specialist.....Amanda Higgins
 Transportation Staff.....Elaine Deblare, Hannah Rohlinger
 Van Drivers.....Summer Alvarado, Bill Benedon,
Mark Callies, Jerry Groehler, Mike Falkinham,
Greg Maier, Dave Pasewald



Hi! My name is Elaine DeBlare and I am the new Transportation Coordinator. I'm a local girl who grew up on the outskirts of Reeseville on a dairy farm. I will be married 13 years in

August and have one son (Scott) who is 11 and is on the Autism Spectrum. He has taught me the true meaning of patience and being able to adapt. I enjoy shooting pool and sitting around a campfire listening to stories. I have worked in customer service for over 20 years. I enjoy being able to help people and making the puzzle pieces fit. I am enthusiastic about my position here and the possibilities for the future.

Your time is valuable to us!
 For speedier service for you, we encourage you if at all possible to call and make an appointment with a resource specialist before stopping in to see us. You can always call or email the ADRC with any of your questions.

920-386-3580
hsagingunit@co.dodge.wi.us

NEW CLASS!

Mind over Matter: Healthy Bowels, Healthy Bladder Now Available

Dodge County's newest class, Mind over Matter (MOM), is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

This workshop consists of three 2-hour sessions that will provide information and group activities along with simple exercises and dietary changes to practice at home.

Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

FREE

When: August 29,
 September 12, & September 26

Time: 9:30-11:30 am

Where: Stone Terrace
 Apartments
 819 S. University Ave.
 Beaver Dam, WI

Call

920-386-3580
 to register



VIEW FULL LIST OF CLASSES ON PAGE 7

wiha
 Wisconsin Institute
 for Healthy Aging

**Caregivers
Corner****Caring for
People Who
Have Hurt Us**

For many caregivers, providing care for a loved one is something they want to do. Others feel obligated to take on the role because they value family/friendship ties profoundly and see the duty as theirs. Some caregivers struggle with difficult care recipient behaviors in the present, although the relationship history had been a good one. Other caregivers are “drafted” into the role and feel they have no choice but to care for an individual who has abused them.

Because our society puts so much caregiving responsibility onto unpaid family members, difficult reversals happen more often than you might suspect. When an abused child ends up caring for their elderly parent, there is much greater caregiver burden and stress. There is also a danger that the reversal could result in abuse of the elder by the (now adult) child.

On the face of things, it seemed obvious to me that individuals caring for an abuser would be more stressed than those caring for someone who had provided them with loving care (or at least good enough care) as a child. However, when I did some further research, I learned there is also an important distinction in terms of which approach may provide the most relief and support to individual caregivers.



In general, caregiver support comes in one of two forms: emotion-focused coping strategies and solution-focused coping strategies. Emotion-focused coping helps you to become less emotionally reactive to caregiving stressors or it helps change the way you experience them. One example is living in the present so you can separate past behaviors from disease-related symptoms (your mom who tended to criticize in the past is not purposely trying to harass you when she repeats things due to her memory loss). Another is finding a new way to frame your caregiving. Perhaps you will focus on your value to care for your elders rather than question the particular relationship. You may find compassion for someone who is now very frail, despite being difficult at a more robust point in their lives. However,

these approaches are less effective when care is primarily driven by obligation and a feeling there is no choice. A 2013 study published in *The Gerontologist* . . . offers two important findings. First, as anticipated, caregivers who cared for their abusive/neglectful parents had more frequent depressive symptoms than caregivers with no history of abuse/neglect. Second, emotion-focused coping strategies are associated with more frequent depressive symptoms for both abused and non abused caregivers, but the effects are somewhat stronger for abused caregivers.”



Solution-focused strategies are the second alternative. They eliminate sources of stress or work with the stressors themselves. They allow for actions which can address the feeling of being trapped. These solutions may involve providing a significant break from caregiving, like respite care so the caregiver can take a weekend away from everything; or someone to stand in and provide personal cares so they don't need to participate in intimate tasks like giving showers. The National Family Caregiver Support Program (NFCSP) allows for these coping strategies in the form of grants for respite and supplemental services (like home modifications and assistive devices, which can increase the care recipient's independence). Solution focused strategies are a hallmark of the program.

When you connect with the Caregiver Program Coordinator, you may make an appointment for an assessment. The discussion that ensues helps the Caregiver Program Coordinator hone in on what would truly make a difference to you as an individual caregiver.

By Jane De Broux
Dane County Caregiver Program Coordinator

**Note from the Dodge County
Caregiver Program Coordinator:**

Here in Dodge County, the National Family Caregiver Support Program (NFCSP) currently has a waiting list; however, the Alzheimer's Family Caregiver Support Program (AFCSP) is available to help caregivers of anyone who has any kind of memory deficit. Please contact the ADRC at 920-386-3580 to talk about respite or other concerns about caregiving.



YOUR BENEFIT NEWS

Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist



Need Help with your Medicare Costs?



If you have Medicare and you are facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your monthly income is \$1,405 or less for an individual, or \$1,902 for a couple, and your resources are under \$7,730 for an individual or \$11,600 for a couple, you may be eligible for one of these programs.



If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles and coinsurance.

If you do not automatically qualify for Extra Help, you may still be eligible if your income is \$1,561 or less for an individual or \$2,113 for a couple, and your resources are under \$12,890 for an individual and \$25,720 for a couple. You can apply online for Extra Help with Social Security Administration at www.ssa.gov or by calling 1-800-772-1213 (TTY 1-800-325-0778).



Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are age 65 or older and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to www.dhs.wisconsin.gov/seniorcare or call 1-800-657-2038.

It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources are higher than the amounts listed above. These amounts change yearly and you may be eligible for another savings program depending on your situation.

To find out if you're eligible for savings through one of these programs, need assistance with applying, or any other benefits for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC) at **920-386-3580** or **800-924-6407**.

Published with permission from the Legal Services Team at the Greater Wisconsin Agency on Aging Resources' Elder Law & Advocacy Center

Elder Benefit Specialist Office Hours

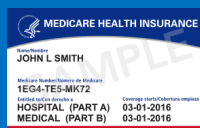
1st Wed of month 10 am-Noon @ Watermark

2nd Thurs of month 1-3 pm @ Bay Shore

4th Mon of month 10 am-Noon @ Wtnn Senior Ctr

2019 Welcome To Medicare Workshops

- ✓ Are you or someone you know turning 65 this year?
- ✓ Confused about your Medicare options?
- ✓ What plan is right for you?
- ✓ Come learn about the A, B, C, and D's of Medicare.



**the July class is also open to any persons under 60 who are or will be eligible for Medicare in the upcoming months*

Thursday, July 18, 2019 9 am - Noon

Monday, August 12, 2019 9 am - Noon

Tuesday, September 10, 2019 1 - 4 pm



2nd Friday of the Month: 2:30 to 4:00 pm
Hosted at alternating locations in Dodge County
Please Join Us!

**Friday, July 12 Topic: Building with DaVinci**

UnMasked Expressive Therapies
 207 N. Spring St. - Beaver Dam

**Friday, August 9 Topic: Pressed Flower Creations**

Administration Building
 127 E. Oak St. - Juneau

**Friday, September 13 Topic: Birding the Boardwalk**

Horicon Marsh Education & Visitor Center
 N7725 Hwy 28 - Horicon



**Space is limited and
 reservations are
 required. Please call
 the ADRC at
 920-386-3580
 to register today.**

Summer Transition

Submitted by Ashley Beal, Youth Services Coordinator
 Access to Independence

ACCESS TO INDEPENDENCE INC. Whether you were a 70's kid, listening to Alice Cooper's "School's Out", or you are a little younger, and a fan of Pharrell Williams "Happy", both songs resonate this time of year because it is finally summer! No matter the age, we all know the transition from school to summer is exciting!

Just as the transition to summer is exciting, so is the transition to the post-secondary phase of a person's life. However, planning for the future can be a little overwhelming and that is no different for youth with disabilities.

Being a good self advocate can help youth with disabilities plan and prepare for a smoother transition from school. Self advocacy and self determination empower youth with disabilities to know their rights and responsibilities, and to make their wants and needs known.

Being a good self advocate is a skill that needs building, especially as a young person with a disability prepares to leave for school, or has already left. Access to Independence is a disability run organization that serves **all** of Dodge County. Access to Independence provides a variety of independent living services, including advocacy services for youth with disabilities, in a 1 on 1 or

group setting. Services are no cost to those who receive them or their families.

To learn more about advocacy services, as well as a number of other independent living services that Access to Independence provides, contact us one of the following ways:

1-800-362-9877 (toll-free)
 info@accesstoind.org (email)
 www.accesstoind.org (webpage)

OR

check out our Facebook page



Medicare Surveyors Might Write or Call in July

In mid-July, 12,000 Medicare recipients will be receiving a letter and phone call from NORC at the University of Chicago. NORC is conducting a survey for the Centers for Medicare & Medicaid Services to evaluate the Medicare program. These surveyors may want to schedule at-home appointments to complete interviews for the

study. If you are one of the recipients contacted, you can verify the surveyor's identity by contacting the Respondent Care Center at surveyhelp@norc.org or 1-866-856-6672 (NORC). All NORC field interviewers will be carrying an ID badge. If you have further questions or concerns regarding the survey, a Medicare Customer Service Representative can assist you at 1-800-MEDICARE.

BE ALERT!



It Continues...Dementia Friendly Communities in Dodge County Picking Up Momentum! 18



Dodge County now has **18** groups who have chosen to become Dementia Friendly businesses. Our first group was the Waupun Community Senior Center followed by Rock River Eyewear and Viaggio Massage, both also in Waupun in 2018. Church Health Services in Beaver Dam then became Dodge County's first clinic and dental office to join the Dementia Friendly family in 2019. Next, Juneau Public Library became our first Dementia Friendly library. Beaver Dam Community Hospital then had seven clinics (Juneau, Horicon, Waupun, Columbus, Beaver Dam, Sleep, and Chiropractic) trained as well as two of their departments (Orthopedics/Podiatry and Surgical Specialist) trained. Three other libraries then became Dementia Friendly (Iron Ridge, Hustisford, and Horicon). Our most recent addition was the Rehabilitation Department at Beaver Dam Community Hospital in June.

Pictured to the right is the Beaver Dam Community Hospital Columbus Clinic



Pictured in the middle is the Beaver Dam Community Hospital Horicon Clinic

Pictured below is the Beaver Dam Community Hospital Sleep Clinic



Pictured to the right is the Beaver Dam Community Hospital Juneau Clinic



Pictured above is the Beaver Dam Community Hospital Orthopedics/Podiatry Clinic

Pictured to the right is the Beaver Dam Community Hospital Waupun Clinic



Pictured above is the Beaver Dam Community Hospital Chiropractic Clinic

For more information on Dementia Friendly Communities or to find out how you can help, please contact Rob Griesel, Dementia Care Specialist, at the ADRC of Dodge County by calling **920-386-4308** or emailing rgriesel@dco.dodge.wi.us



Fight the Bite! Prevent Tick Bites

When enjoying time outdoors, it is important to be aware of ticks and take steps to protect yourself. You can take several steps to "fight the bite" and prevent illnesses spread by ticks, including using personal protection, removing ticks as soon as possible, and getting rid of ticks in your yard. Ticks are typically most active in Wisconsin from May to September, but it is still important to use caution year-round.

If you spend time outdoors often, download the **Tick App**, a free smartphone app from our partners at the Midwest Center of Excellence for Vector Borne Disease that allows people living in areas with a high risk of Lyme disease to report ticks, learn tick bite prevention tips, and help researchers understand ticks and the illnesses they spread.



There are many steps you can take to protect yourself from tick bites:

- ✓ **Use Repellent on Skin and Clothing.** Use insect repellents with 20%–30% DEET, 10–20% Picaridin, 15–20% IR3535, or 30–40% oil of lemon eucalyptus on exposed skin and clothes to prevent tick bites. Apply permethrin (a pesticide that kills ticks) to clothes, shoes, and gear to prevent tick bites. Permethrin kills ticks when

they crawl on your clothes. It lasts through several washes after it is applied. **Do not apply directly to skin.**

- ✓ **Wear Appropriate Outdoor Clothing.** Wear long sleeves, long pants, and long socks to keep ticks on the outside of clothing. Wear light colored clothing to make ticks easier to spot. Tuck shirts into pants and pants into shoes or socks to keep ticks on the outside of clothing. Tape pant legs where pants and socks meet so that ticks cannot crawl under clothes, if outdoors for a long time.

- ✓ **Avoid Direct Contact with Ticks.** Walk in the center of trails and do not brush up against plants on the edge of trails. Avoid wooded and brushy areas with tall grass and leaf litter.

- ✓ **Check for Ticks After Being Outdoors.** Perform daily full-body tick checks after being outdoors in areas where ticks may be present, even in your own yard. Check all parts of the body carefully, especially the armpits, behind the knees, scalp, in and around the ears, inside the belly button, and groin. Make sure your clothing, gear, and pets don't have ticks before going inside. Use a veterinarian prescribed tick prevention treatment on pets. Take a bath or shower as soon as possible after coming inside to find and wash off any ticks on your body. Kill any ticks that may still be on clothing: Tumble dry clothes in a dryer on high heat for 10 minutes. If clothes are damp, tumble dry on high heat for 60 minutes.

Full article can be found at:
www.dhs.wisconsin.gov/tick/bite-prevention.htm

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





Disability Benefit Specialist News

Are you on the Medicaid Purchase Plan (MAPP)? Want a way to save Money?

Medicaid in Wisconsin is health insurance for individuals in need. There are many different versions of Medicaid that meet specific population groups and needs. MAPP or Medicaid Purchase Plan is a version of Medicaid that is specifically for individuals age 18-64, who have a disability determination, but work (either employed or through "in-kind"). Eligibility for this program has a higher income and asset level than other Medicaid programs, which allows the individual to continue with some level of work.

There is also another perk to the MAPP program. A way to save money and stay below the asset limit with an "Independence Account".

What is an Independence Account?

It's an IRA, pension, or bank account that once designated as an "Independence Account" can

continue to earn money, but those additional funds will not be counted as an asset for eligibility. The dollar amount on the day the account is established as an "Independence Account" will be the counted asset amount for future reviews, as long as you follow these rules:

1. You cannot contribute more than 50% of your monthly income into this account
2. You must be the sole owner of the account
3. The account must be separate from other countable funds
4. You must be enrolled in MAPP
5. You must register your Independence Account with Capital Consortium at 1-888-794-5556

Submitted by Ashley Sanborn, DBS

(A Disability Benefit Specialist, often referred to as a DBS, provides services to adults ages 18-59 who have physical disabilities, developmental disabilities, mental illness, and/or substance use disorders that make it hard to work or perform other activities of daily life. A DBS can help with Medicaid, SSDI, Medicare, FoodShare, insurance issues, housing and utility issues, and other public and private programs.)



HUGE ACHEIVEMENT!

On June 21st, the Dodge County Senior Dining Program celebrated having a senior dining

site in the Reeseville/Lowell area for 40 years! The Dodge County Senior Dining Program offers meals to anyone over the age of 60 or the spouse of an active meal site participant. The lunchtime meal provides at least one-third of the minimal daily requirements of an adult. Meal reservations can be made by either signing up at one of the Dodge County dining sites or by calling 920-386-3580 or

800-924-6407 the day before you wish to eat. Dining sites are located in Beaver Dam, Horicon, Hustisford, Lomira, Mayville, Randolph, and Reeseville. Each dining site is open Monday through Friday with most meals being served at 11:30 am.





Call or **920-386-3580** or
800-924-6407 the day
before to register for
a hot, noon meal

J U L Y	1	Mushroom Pork Cutlet Mashed Potatoes	2	Beef Stroganoff Spinach Salad w/Hot Bacon Dressing	3	Chicken Breast Mashed Potatoes	4	 CLOSED Independence Day	5	Hamburger on Bun Baked Beans
	8	Meatballs in Honey Mustard Baked Potato	9	Ham Rolls Squash	10	Country Fried Steak Mashed Potatoes	11	Chicken, Broccoli, & Rice Casserole Tossed Salad	12	Crispy Fish Fillet German Potato Salad
	15	Roast Pork Loin Mashed Potatoes	16	Pepper Steak Baby Red Potatoes	17	Baked Chicken Garlic Mashed Potatoes	18	Beef Frank on a Bun Calico Bean Casserole	19	Chopped Steak in Mushroom Sauce Mashed Potatoes
	22	Roast Turkey Mashed Potatoes	23	Lasagna Casserole Mixed Italian Salad	24	Hawaiian Meatballs Baked Potato	25	BBQ Pork Cutlet Cowboy Beans	26	Chicken Cacciatore Baby Red Potatoes
	29	Meatloaf Au Gratin Potatoes	30	Baked Chicken Twice Baked Style Potatoes	31	Smoked Sausage Red Beans & Rice				

A U G U S T					1	Swiss Steak Mashed Potatoes	2	Fruited Chicken Salad over Lettuce Honeydew Melon		
	5	Pork Jaegerschnitzel Mashed Potatoes	6	Hungarian Goulash Casserole Tossed Salad	7	Salisbury Steak Mashed Potatoes	8	Bratwurst on a Bun Baked Beans	9	Swedish Meatballs Mashed Potatoes
	12	Baked Chicken Garlic Mashed Potatoes	13	Glazed Ham Sweet Potato Bake	14	Pot Roast Baby Red Potatoes	15	Chicken Marsala Sour Cream & Chive Potatoes	16	Beef Stew Spinach Salad w/ Raspberry Vinaigrette
	19	Cranberry & Kraut Meatballs Baked Potato	20	Country Fried Steak Mashed Potatoes	21	Chicken Teriyaki Brown Rice	22	Pork Steak Mashed Potatoes	23	White Chicken Chili Broccoli Cuts
	26	Escaloped Potatoes & Ham Corn	27	Liver and Onions Baked Potato	28	Baked Chicken Twice Baked Potato	29	Baked Spaghetti Mixed Italian Vegetables	30	Chopped Steak in Sauce Mashed Potatoes

S E P T E M B E R	2	 CLOSED Labor Day	3	Roast Pork Loin Mashed Potatoes	4	Chicken and a Biscuit Casserole Tossed Salad	5	Meatloaf Garlic Mashed Potatoes	6	Chili Casserole Winter Blend Vegetables
	9	Chicken Cacciatore Baby Red Potatoes	10	BBQ Meatballs Cowboy Beans	11	Chicken Breast Mashed Potatoes	12	Beef and Pork Chop Suey over Rice Spinach Salad	13	Roast Beef Mashed Potatoes
	16	Mushroom Pork Cutlet Mashed Potatoes	17	Baked Chicken Twice Baked Style Potatoes	18	Salmon Loaf Baked Potato	19	Beef Stroganoff Maple Brussel Sprouts	20	Crispy Fish Fillet German Potato Salad
	23	Swiss Steak Mashed Potatoes	24	Ham Rolls Sweet Potato Bake	25	Chicken Tetrazzini Casserole Green Beans	26	Hawaiian Meatballs Baby Red Potatoes	27	Beef Frank on a Bun Calico Bean Casserole
	30	Baked Chicken Garlic Mashed Potatoes								



NUTRITION FIT BITS!



Eat Well, Care Well



HOW TO BUILD A HEALTHY SALAD

There are many components to a healthy and delicious salad. Let's begin with the obvious one, greens! Greens don't have to be lettuce, think of dark leafy greens like arugula, spinach, and kale. These are rich in vitamins A, C, E and K. You can also add fresh herbs, cabbage and radicchio. Grains are another component of a healthy salad, these help to keep you full and satisfied after your meal. Try something different and add quinoa, wild rice or buckwheat. The next component is protein and while some grains offer a good amount of protein, it doesn't hurt to add more. When we think of protein, we often think of meat like chicken or turkey but you can also add chickpeas, eggs or beans. Proteins can help you to feel satisfied for even longer. Next, add some fruits and veggies. Try to add a rainbow of colors for the best flavor and a variety of nutrients.



Last but not least, dressing! Consider making your own dressing with some oil, vinegar, and some fresh herbs. Homemade dressing only takes a few minutes to make and tastes much better than store bought.

Try the recipes below to complete your delicious healthful salad.

These recipes are brought to you from

<https://greatist.com/health/healthier-salad-infographic>

Each recipe makes enough dressing for 2 salads. Refrigerate after preparing if there is leftover.

DID YOU KNOW?

LETTUCE IS THE SECOND MOST POPULAR VEGETABLE IN THE UNITED STATES. WHAT'S THE FIRST? POTATOES.

PERFECT BALSAMIC VINAIGRETTE

Ingredients:

- 4T balsamic vinegar
- Pinch of salt and pepper
- 8T olive oil • 2 T Dijon mustard



CREAMY HONEY MUSTARD DRESSING

Ingredients:

- 1/4 cup plain Greek yogurt
- 1T mustard (yellow or dijon) • 2 tsp honey
- 1/2T lemon juice • water (to thin if necessary)

HEALTHIFIED RANCH

Ingredients:

- 1/4 cup plain Greek yogurt
- Pinch of salt and pepper
- 1 very small clove of garlic, finely minced
- 1/2 tsp dried dill • 1T parmesan
- 3T olive oil



Submitted by

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students



CALENDAR OF ADRC EVENTS

If you would like more information or would like to register for any of the following events, please call the ADRC at 920-386-3580

First Tuesday of month from 1-2 pm

Monthly Caregiver Support Group will not meet in June, July, and August

Held at the Henry Dodge Office Building in Juneau

July 12 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss

Held at UnMasked Expressive Therapies in Beaver Dam. Meets at various locations in Dodge County the 2nd Friday of the month.

July 18 9:30-10:30 am

Dementia Friends Wisconsin

Held at the Watertown Public Library

July 18 from 9 am-Noon

Welcome to Medicare Workshop (ages 60+)

Held at the Henry Dodge Office Building in Juneau

August through September (TBD)

Healthy Living with Chronic Pain Workshop

August 9 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss

Held at the Administration Building in Juneau.

Meets at various locations in Dodge County the 2nd Friday of the month.

August 12 from 9 am-Noon

Welcome to Medicare Workshop (ages 60+)

Held at the Henry Dodge Office Building in Juneau

August 14 through 18 from 10 am-6 pm

Dodge County Fair (Senior Day is on August 15)

Booth will be set up in the tents. Held at the Dodge County Fairgrounds in Beaver Dam

August 20 through September 24 from 1-3 pm

Healthy Living with Chronic Pain Workshop

Held at Sacred Heart Parish in Horicon. Meets once a week for six weeks.

August 28 from 4-6 pm

Welcome to Medicare Workshop (any age)

Held at Watertown Regional Medical Center

August 29 from 9:30-11:30 am

Mind over Matter: Healthy Bowels, Healthy Bladder (MOM) Workshop

Held at Stone Terrace Apartments in Beaver Dam

Meets for three sessions - 8/29, 9/12, & 9/26

September 10 from 1-4 pm

Welcome to Medicare Workshop (ages 60+)

Held at the Henry Dodge Office Building in Juneau

September 12 from 9:30-11:30 am

Mind over Matter: Healthy Bowels, Healthy Bladder (MOM) Workshop

Held at Stone Terrace Apartments in Beaver Dam

Meets for three sessions - 8/29, 9/12, & 9/26

September 13 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss

Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 2nd Friday of the month.

September 18 at 2:15 pm & October 1 at 10:15 am

Dementia Friendly Dodge Horicon Marsh Boat Tours
Call the ADRC for details

September 21 from 10 am-Noon

"Dance your Heart out for Dementia" Zumbathon

Held at Powerhouse Athletics in Beaver Dam

Public is invited to attend this great cause!

September 25 through October 30 from 9:30-11 am

Powerful Tools for Caregivers Workshop

Held at the Watertown Public Library. Meets once a week for six weeks.

September 26 from 9:30-11:30 am

Mind over Matter: Healthy Bowels, Healthy Bladder (MOM) Workshop

Held at Stone Terrace Apartments in Beaver Dam

Meets for three sessions - 8/29, 9/12, & 9/26

October 1 through November 5 from 6-8:30 pm

Healthy Living with Diabetes Workshop

Held at the Waupun Memorial Hospital. Meets once a week for six weeks.